

ABSTRACT OF THE DISCLOSURE

A method of treating and preventing an alcohol induced hangover. A therapeutically effective amount of methylsulfonylmethane is administered to a person prior to or after the person has consumed alcoholic beverages. The therapeutically effective amount of methylsulfonylmethane may be approximately 0.06 ounces of substantially pure methylsulfonylmethane in powdered form. The methylsulfonylmethane may be mixed with a liquid such as water or juice or administered as a solid oral dosage form such as a tablet or capsule.